

ABSTRACT

An optical disk comprises a track groove on which positional information indicating a physical location on the track groove is represented by a wobble shape of the track groove. The optical disk includes a plurality of positional information units that are arranged on the track groove. Each said positional information unit includes: a positional information section that represents the positional information by a combination of wobble patterns selected from multiple types of wobble patterns that have been defined so as to correspond to respective signal waveforms that rise and fall mutually differently; a sync mark section having a wobble pattern in a shape distinguishable from the wobble patterns of the positional information section; and a precision positioning mark section ahead of each said positional information section.